

Field Safety and Hygiene

Field Safety

- Weapons
- Convoy/Vehicles
- Setup
- Operations
- Teardown
- Proper Attires

Weapons

- Always assume weapon is loaded
- Carry weapon on safe, with barrel pointed to the ground
- Don't point weapon at anyone unless you intend to shoot
- Secure weapon ASAP

Convoy/Vehicles

- Ensure vehicles in top shape, PMCS
- Attend convoy brief
- Always use seat belts
- Follow convoy rules (speed, distance, etc.)
- Use ground guides/TCs when applicable
- Employ handbrakes, blocks when parked

Setup

- Site selection
- Use Kevlar helmet, gloves when applicable
- Proper lifting techniques
- Watch, mark tripping hazards
- Ground all electrical equipment
- Keep power outlets off the ground
- Proper lighting*
- Hydrate, hydrate, hydrate

Operations

- Develop, implement battle rhythm ASAP
- Ensure adequate rest
- Fire watches*
- Flammable materials
- Noise hazards (generators, helicopters, etc)
- Walking at night
- Hydrate, hydrate, hydrate

Teardown

- Double up on safety precautions
- Kevlar helmet, gloves
- Ensure all power sources are down
- Proper lifting techniques
- Same convoy rules for redeployment

Proper Attire

- Hot Weather Gear
 - Summer BDUs
 - Keep sleeves rolled down
 - Unblouse BDU pants for ventilation, when authorized
 - Sunglasses, sunscreen lotion, insect repellent, ear plugs

- Cold Weather Gear
 - Winter BDUs, GoreTex Jacket
 - Layering: underwear, Polypro (thermals)
 - Cold Weather Boots, Gloves, Ski-Mask
 - Sunglasses, sunscreen lotion, chapstick, ear plugs

Hygiene

- Field Hygiene
- Personal Hygiene

Field Hygiene

- Wash hands before eating
- Discard food scraps properly
- Clean work/sleep areas regularly
- Eliminate stagnant waters
- Field latrines*

Personal Hygiene

- Take showers as often as possible
- Change socks everyday
- Wet wipes – is there anything they can't do?
- Keep finger nails clipped
- Shave everyday
- Eat healthy, exercise, stay in shape, and stay clean!
- Tips

During this course...

- Watch for tripping hazards
- Electrical hazards, ie. Coupler, generator
- Wear Kevlar helmet, gloves during setup and teardown
- Lifting techniques
- Drink plenty of water
- Always ask for help when not sure

Questions?